

Nation



Volume 12, No. 21 • September 2, 2005

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Getting Back to School

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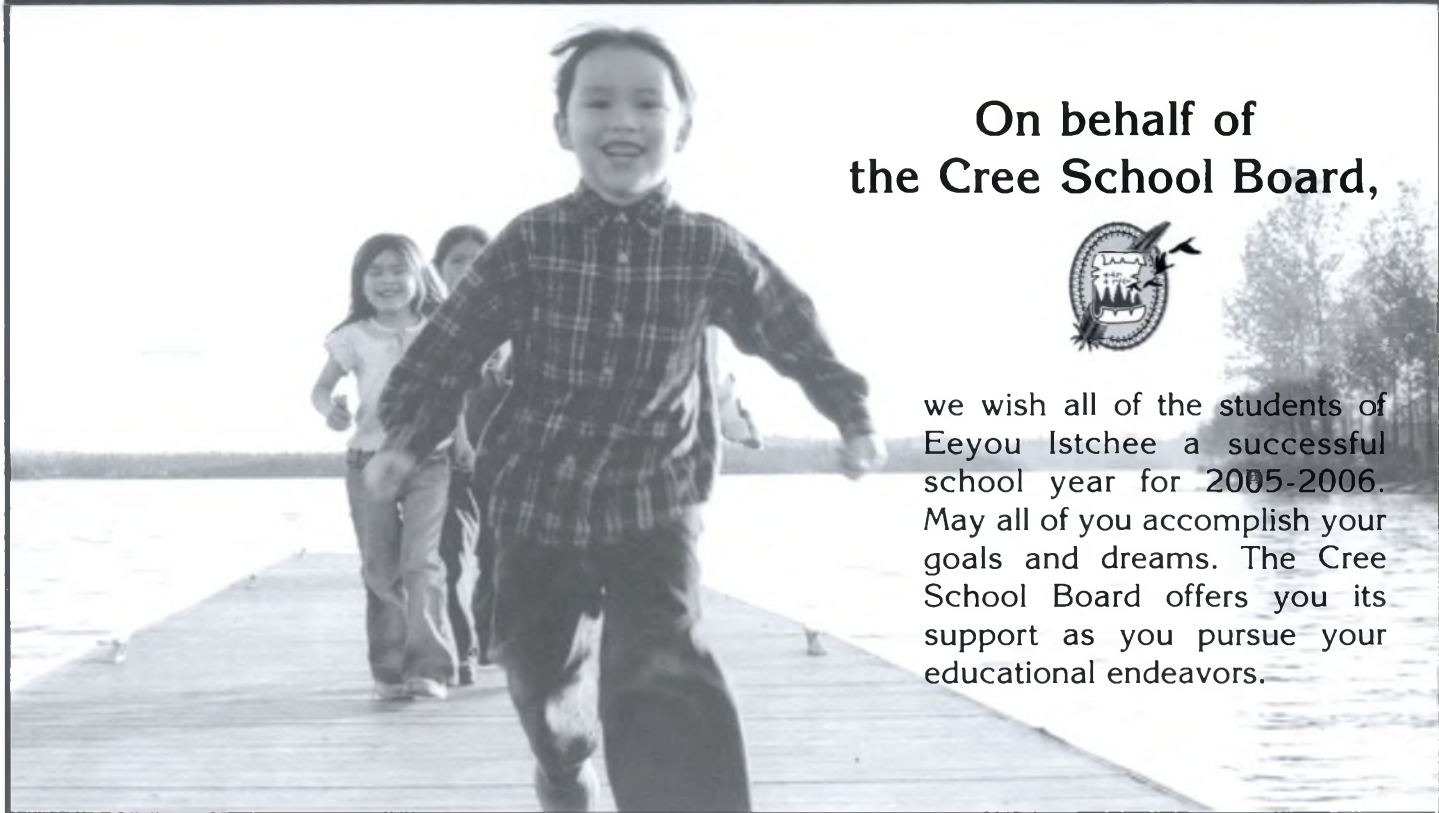
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"Education is not preparation for life; education is life itself." ~John Dewey

On behalf of
the Cree School Board,



we wish all of the students of Eeyou Istchee a successful school year for 2005-2006. May all of you accomplish your goals and dreams. The Cree School Board offers you its support as you pursue your educational endeavors.



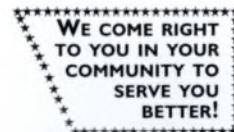
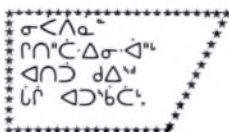
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Back to School Blues

In this issue we talk about going back to school. Some students look forward to going back. I know I did. The chance to learn something new, hook up with old friends, make new ones and see another place than home was always something to look forward to.

On the other hand, leaving the inevitable summer job was always difficult. Leaving behind a steady paycheck was certainly a part of it, but that wouldn't even start to cover it. All my summer jobs not only taught me something about life and myself but gave me a chance to interact with more experienced and knowledgeable people.

Now, many years later, I find myself at the other end of the stick. All of us here at the Nation are now forced to say goodbye to a summer student who is returning to school.

It's not easy. Jeff Ross was a great guy to have work for us. He did some of the crappiest jobs imaginable, as many summer students are often expected to do. An example of this would be the mind-numbing task he had to sort and catalogue our extensive photo library.

But Jeff, who is returning to his studies at Laurentian University in Sudbury, really showed his talents on the page (which shouldn't be that surprising since he is majoring in English Literature). This opportunity, he's told us, is what made his time the Nation worthwhile. He has always wanted to try working as a journalist and we gave him a chance.

It was a real pleasure to read his copy. Normally we have to extensively edit new writers, but with Jeff this was always minimal. I will miss having him around, but he has agreed to write an occasional article or two for us so you can expect to see his name in the Nation in the future.

I and all the staff wish Jeff the best of luck for this school year and hope he enjoys Sudbury as much as he enjoyed Montreal.

by Will Nicholls

Journalism as a serious occupation? I scoffed at the idea. Having grown up around journalism, with my mother having written for numerous publications, I saw first-hand the kind of insanity connected with writing for a living. I never associated fame and fortune with it.

But then I found myself within the hallowed walls of Beesum, home of the Nation and Rezolution. What a strange summer I had, beginning with washing dishes 50 hours a week at an overpriced diner to writing for publication.

This office has been my home away from home, and an institution of learning. Sure, all those years at LU were great but all that knowledge felt stagnant and, worse yet, esoteric. It belonged to that community and not the community I hoped to help.

It's been a hectic summer to say the least, but I'm glad I got the opportunity to write alongside Will and Steve, and Chibougamau was an experience I won't soon forget. The rest of the staff was great, too. The experience and advice I received were immeasurable.

I'll be damned. Writing is addictive. There's a constant movement among words, and the necessity to continue learning, to keep up with events, to track down characters, and to construct something tangible from the ineffable. It was a challenge.

It was great to learn about Cree politics. It's amazing how an underfunded medium like this scares the big dogs. That Cree Ebert and Roeper review, you know the one, had the staff in hysterics.

It was great to see the bees in Beesum working. I'd thank everyone but I only have 250 words to say it all and I've already gone over.

by Jeff Ross



Another hard day at the office for Jeff Ross

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on the cover

Photo: Jimmy Sam

Design: R. Lawson

Bad News Hounds

I see a certain flair to the articles flying about in cyber/paper-space that are driven by sensational stories of killings, bad politicians, rampant substance abuse, chronic alcoholism and poor grades. I brush those aside and think about how good life is and get on with my day.

Sure, there are problems; who hasn't had one in their life? I'd like to meet someone who has no problems and can say no problemo with ease and conviction, and I'd shake that perfect hand until my fingers would fall off. I suspect that I will keep all my fingers 'til the day I die.

I don't see life as a perfect vision of what many wish to have as a future. I look toward a future full of imperfections and problems that I can contend with. It's one where I don't have to worry about high-jacked school buses, heroin and crack addicts on the corners of busy commercial centres, drive-by shootings and other contemporary urban scenarios portrayed on hyper-reality TV.

Sure, the news is more exciting if the situations call for it, with reporters falling all over themselves to capture the news on the spot, but somehow, the good news is often labelled as ho-hum stuff.

But the good news is pretty good: graduates are leaving their home towns to get a good education in the south; the economic scenario is rosier and rosier; gold prices are rising and petroleum giants become giant behemoths of power; many more are employed. But who wants to hear about the successes if there isn't some juicy gossip to dress it up?

I think we are all bored to death and require sensationalism to spice things up. What's a rosy day if there isn't a glum one to compare to?

What's an A-plus grade compared to the number of drop outs? Why must we focus on the sour side of life, just to make our own lives better as a result?

Focusing on a good thing will lead to good things in life and some day all the problems will go away because we won't need them to make our lives better.

Did you know that there are successful people out there who have rightfully gained their own inner peace through wise monetary management? Did you know that we Cree have the best benefits package in Canada? Did you know that we have rightful access to our lands for harvesting year-round? Did you know we have the best education service in the country? Did you know that, in comparison to other communities, we have it more than just good? I feel that sometimes the news is just too bad for my taste and I tend to shut off my bad news nose at five o'clock.

Speaking of noses... I smell a close call for the coming elections. Is anyone willing to bet on a runoff election for both pilot and co-jock of Eeyou Istchee? The prize is that the winner gets to shake my hand for eternity or until a pinkie falls off.

'Nuff said about the latest news – it's berry picking time again. I am heavily armed with fishing gear to provide the catch of the day to mix with my berries. I am ready to venture forth out on the land and compete with the foraging black bear for pectin and anti-carcinogenics. I will return sated with the fruits of the lands, just like it is guaranteed to me in the good old JBNQA. (I'm feeling a little patriotic right now). Until then, exercise your right to vote (of course after proving you really are a Cree).



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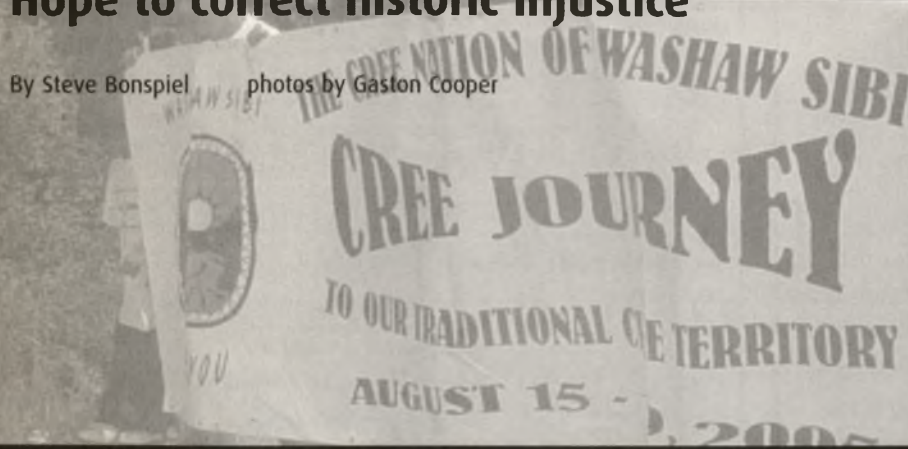
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Washaw Sibi Cree walk to new home

Hope to correct historic injustice

By Steve Bonspiel photos by Gaston Cooper



The Washaw Sibi Crees reached a new level in their fight to be recognized as the 10th Cree community this month as they walked 115 kilometres from Amos to an old campground that they hope will be their new home.

The Washaw Sibi Eeyou have been struggling to be included in the James Bay and Northern Quebec Agreement for years and the people think that this move will help force the federal government's hand.

They marched to the former Joulac campground, where there are now 30 tents and cabins set up with more expected. There is a waiting list of another five people.

The walk, which took five days to complete, was an emotional one.

"It went very well," said elected band council member Kenneth Weistche. "We got a lot of exposure and met a lot of people. We completed a very important journey and now we're (concentrating on) finishing up the camp."

The walk also had a share of bad blood. The Algonquins of Pikogan blockaded the entrance to their reserve to stop the Washaw Sibi people from getting in.

"I think there was a lot of miscommunication," said Weistche. "The Algonquins weren't sure why we were walking and might have seen it as something against them. It wasn't. We just want to be recognized as a Cree band and have access to what other Crees have access to under the James Bay and Northern Quebec Agreement."

"I think both governments along with the Algonquin Nation are aware of our situation now and the media coverage helped that a lot," said Weistche, who has been bombarded by radio, television and print journalists asking for interviews.

The plan is to set up a tent city and wait out the government in hopes of receiving a permanent land base for their people.

The Washaw Sibi Eeyou are hoping to gain access to more

funding for basic services like education, health and job creation. They ended up in Pikogan for those same reasons.

When the Canadian government was setting up the Algonquin reserve of Pikogan in the 1950s, they told the Crees in the area to move there or be cut off from family allowances, health benefits and access to education. With little help, they had no choice but to comply.

Now they want what they've been denied for 40 years.

"There was a historical injustice done to our people when they were forced to live with the Algonquins over 40 years ago," said Washaw Sibi Chief Billy Katapatuk. "We're Crees, we're not Algonquin and we want a place where we can be Cree and practice our traditions and learn our language."

Katapatuk added that the community's elders and youth support the effort. "We feel great right now."

He said that it's up to Ottawa to make the next move and give them a place in which they can raise their children – and, most importantly, be Cree.

Katapatuk added that the municipality of James Bay has expressed its support for the Crees and have no problem with them trying to set up a community in that area.

"The mayors of the surrounding towns have called us to express their support," said the Chief. "Everyone is very supportive, native as well as non-native."

The town of Matagami even went as far as to pass a resolution in support of the Washaw Sibi. Amos has sent a letter to that effect as well.

"The walk has put us high on the agenda to resolve our issues," said Weistche. "There were people that didn't know that there were Cree people living in Pikogan and that even though we were Cree beneficiaries, we didn't get any benefits or programs or services. Hopefully we've succeeded in letting people know what we want and why we want it."

Specific Agreement On Tourism for the Eeyou Istchee



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Do you have a business or activity that contributes to the tourism industry of Eeyou Istchee?

If so, you may be able to benefit from the Specific Agreement on Tourism.

The objective of this agreement is to increase the tourism activity and to support job creation within the tourism sector in Eeyou Istchee.

This agreement supports projects within the following sectors:

- Promotion
- Development of Tourist Potential
- Lodging
- Attractions
- Activities & Equipment
- Events
- Camping
- Outfitting



For further information, regarding the application and approval process, please contact:

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624, 3rd Avenue
Val-d'Or, Quebec J9P 1S5
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"Thanking you in advance for your application, and for demonstrating your willingness to increase the tourist activity within Eeyou Istchee."



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Many people in Eeyou Istchee have Diabetes, or know of someone who does. Quite often this can be someone they love. We know that healthier food choices are important, but let's face it, sometimes they can border on boring. Well, not anymore! Each issue of *the Nation* will feature a delicious meal that keeps in mind the importance of health maintenance but does not forget rich and hearty satisfaction.



Cornbread Salad

1 (7.5 ounce) pkg.	corn muffin mix	225ml
6 cups	torn romaine lettuce	1500ml
1 cup	seeded, chopped tomatoes	250ml
1 cup	chopped green pepper	250ml
3/4 cup	chopped red onion	175ml
3 slices	bacon, cooked and crumbled	
2/3 cup	fat-free Ranch-style dressing	150ml

Directions

1. Prepare the corn muffin mix according to the directions on the package in an 8-inch square pan, using water instead of milk. Let the baked mixture cool in the pan for 10 minutes, and then remove from pan. Cut into cubes. Preheat your oven at 400° degrees.
2. Place cornbread cubes on a baking sheet and bake for 10 minutes or until crisp and lightly browned.
3. Place only half of cornbread cubes in a large bowl (the rest you can save for another use).
4. Combine your toasted cornbread cubes with the torn lettuce leaves, chopped tomatoes, green pepper, onion and crumbled bacon; mixing well. Pour the dressing over salad, and toss until all ingredients are lightly coated. This salad is best when served immediately. Makes 6 (two cup) servings.

NUTRITIONAL ANALYSIS PER SERVING:

Calories:	152	Carbohydrates:	27.7g
Fat:	2.6g	Fibre:	1.8g
Saturated fat:	0.5g	Cholesterol:	5mg
Protein:	4.1g	Sodium:	501mg



Northern

Air Rally soars to success

By Jeff Ross photos by Robert Sirdey



The 2005 International Air Rally was off to a flying start with a six-day "Cree Challenge" that brought international attention to the Cree communities of Quebec.

The "Cree Challenge" took place August 12-17 with 23 aircraft and crews from places as diverse as California and Romania. The flights took off from St. Hubert airport near Montreal. The event was hosted by the communities of Waskaganish, Wemindji and Whapmagoostui and ended in Sherbrooke.

The director of the Air Rally, Catherine Tobenas, said the experience was great. "The communities were incredible and left memories that we will never forget in our minds. We shared our cultures and were invited to eat traditional foods. The communities did everything they could [to make us comfortable]."

Journalists who participated had the chance to meet the Chiefs of the hosting communities and familiarize themselves with Cree culture and politics. In all, seven countries participated in the event, including the United States, France, Switzerland, Ireland, Germany, Romania and Canada.

"It's a way to bring people to the North and open windows to these communities and the world, and to meet people in a way that they would not have been able to," said Catherine Tobenas.

Tobenas gave her thanks to the hosting communities Chief Masty of Whapmagoostui, Chief Weistche of Waskaganish, Chief Katapatuk of Washaw Sibi, Kenneth Gilpin of Eastmain, Challenge Cree coordinator and the director of communications of Wemindji, Mark Wadden. Joseph Gali, of Montreal, won the Cree Challenge Trophy.



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Drunk driver finally pleads guilty

Justice has been served 26 months after a drunk-driving incident that originated in Radisson and ended in the deaths of three people from Chisasibi.

The July 2003 incident saw an intoxicated Irene Pepabano get behind the wheel of a car with four other Chisasibi residents in the early morning hours. The end result was the deaths of three of the passengers.

Pepabano finally pled guilty August 12.

Sentencing will take place September 22 in Chisasibi.

Moose Cree First Nation Election Results

On August 9th, 2005, the following people were elected to the position of:

Office of Chief: Patricia Faries

Office of Deputy Chief: Charlie Cheecho

Office of Youth Councilor: Jason Smallboy

To the Office of Councilor:

1. Nellie Trapper
2. Earl Cheechoo
3. Mildred Aliasppi
4. Peter Wesley
5. Bobby Echum
6. Lawrence (Logan) Jeffries
7. Joan Linklater
8. Ron G. Corston
9. Rick Cheechoo
10. Gail Tomatuk
11. Donna Moore
12. Pauline Rickard

The three-year term of office runs from August 19, 2005, to August 18, 2008



Ariane Starblanket

Photo by Jostens Photography

First Nations student wins top scholarship

Ariane Starblanket of the Cree Star Blanket First Nation in Saskatchewan is one of 34 recipients of the Millennium Excellence Award from the Canada Millennium Scholarship Foundation. The \$4,000 prize enables her to attend any college or university of her choice.

"It was a big honour," Starblanket said. "I plan on attending the First Nations University of Canada in the fall and pursuing a B.A. in Aboriginal Education."

Her home is the rural community of Balcarres. Her hometown may be small, she said, "but you do your best to make opportunities available."

Starblanket has done just that. She balances work, school and an active participation in the community, and this award recognizes her accomplishments as a student and community member. Last year as an active member and president of Building Community Bridges (BCB) she helped to provide Christmas gifts to Third World children.

She is also a proud member of the

Elder Care Program. Her leadership qualities help her as a Big Sister, as an elementary school mentor to young children, president of the local Students Against Drunk Driving (SADD), and an enthusiastic coach and broomball player.

"There was lots of pressure to succeed," Starblanket told *the Nation*. She credits some of that success to the teachers and the career counselor that kept her motivated and provided moral support. Her advice? "Stay in school. Speak your mind. Everyone has a voice. Use it more often. Talk to teachers and adults. They can provide lots of support."

World Indigenous leaders call for end to poverty

Indigenous Nations from all over the world were invited by the Grand Council of the Crees to meet and discuss viable solutions to their problems – most notably poverty – as the United Nations heads into its second decade dedicated to Aboriginal peoples.

Twenty-five Indigenous experts from five continents called on the governments of their respective Nations to work with in the spirit of the United Nations Declaration on the Rights of Indigenous Peoples in Montreal on August 11th, and at the same time change archaic policies towards Aboriginal people in Canada.

The group stressed that the 350 million Indigenous peoples of the world continue to be the most impoverished and marginalized.

Indigenous peoples, the group said, need the help of the world community at large if they are to break out of the bleak situation they are in and become more of a thriving, economically viable force on the global stage.

The four-day meeting coincided with August 9th, the International day of the World's Indigenous People's. Leaders attending were from Burkina Faso, parts of Africa, Greenland, the U.S., Argentina and other parts of the world.

**Cree First Nation of Nemaska
(James Bay, Quebec)
Job Posting: Social Worker**



The Wellness Program of the Cree First Nation of Nemaska is seeking the full time services of a professional social worker. This is a full time position with residence in the community. The position requires someone who can work well with a diversified team, in a small semi isolated community. This is a challenging position for a person who can work with indirect supervision and a demanding clientele.

The Wellness Program has been in place in this community for over 15 years. Each member of the team is required to have an annual police record check and live a healthy lifestyle (alcohol and addiction free).

Qualifications:

Professional certification – a minimum of a BA or BSW
A minimum of 2 years experience
Proficiency in English – French and Cree would be an asset
Must be able to commit to a minimum of one year contract
Salary is based on qualifications.

Closing date: September 30th, 2005

Resumes may be sent to:

Dianne Moir, Wellness Supervisor
Fax: 250 427 3949 e-mail: moir48@shaw.ca



The Cree Nation of Mistissini

would like to wish all the students of
the whole Cree Nation a very
successful school year for 2005-2006.

Like Aristotle once said:

*"The roots of education are bitter, but
the fruit is oh so sweet."*

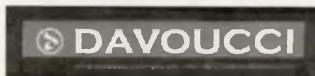


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- Community Store Cree Nation – True Value (Mistissini)
- Arts and Crafts (Waskaganish)
- Waswanipi Grocery
- Karen's Depanneur (Waswanipi)
- Sam's Video and Coffee Shop (Wemindji)
- Clayton's Video Store (Ouje-Bougoumou)
- Nemaska General Store
- Northern Stores in: Chisasibi, Whapmagoostui, Wemindji

**Be the first to own *One More River* on DVD.
Join the discussion. Have your voice heard.**

Waswanipi AGA heats up election fever

By Steve Bonspiel

photos by Gaston Cooper

The elections for Grand Chief and Deputy Chief of the Grand Council of the Crees were the hot topic at this year's Annual General Assembly in Waswanipi.

Much of the buzz is over current Deputy Chief Paul Gull, who is challenging Ted Moses for Grand Chief. His attention to the youth, speakers said, was something they appreciated.

His website claimed that, if the election had been held via the internet and without age restrictions, Gull would have won over Waswanipi by a good margin.

Matthew Mukash's name was bandied about as well. A good traditional leader, some said, and most importantly, a new leader with a different outlook on age-old issues.

Although no one wanted to go on the record, various people didn't mind talking about how they'd vote.

"He's too much of a comedian," one guy remarked of Alfred Loon's run for Deputy Chief.

But another Waswanipi resident said, "I'd vote for Alfred. He has worked with a lot of the important people, Cree and non-Cree, so he knows what to expect."

Others were pushing for Ashley Iserhoff, saying that he is more in touch with the youth than any of the other candidates for Deputy Chief.

By the time people read this, however, the election will be over – unless of course there is a run-off election, which is a distinct possibility.

As for the General Assembly, a few notable resolutions were passed during the August 9-12 meeting.

One dealt with a request of \$15 million from the Waswanipi band council to finish the construction of the council's administration building.

Construction was halted when money ran out to pay Facenor. This resolution was passed and they are to receive the monies needed as soon as possible.

There was also a resolution passed that will see the Cree School Board, Grand Council and the President of the Cree Cultural Institute work closely with Quebec to develop a Cree Language and Cultural Commission.

A special Grand Council AGA will be held after the elections of the Grand Chief and Deputy Grand Chief in order to deal with unresolved issues stemming from this year's AGA in Waswanipi.



The new Cree voting regulations under by-law 28 will be in the next issue of the *Nation*. This deals with changing the terms of Grand Chief and Deputy Grand Chief from three years to four years among other things.

The next Grand Council/ CRA AGA will be held in Ouje-Bougoumou in 2006.

Below are the full drafts of the other resolutions.

SUBJECT: CREE LANGUAGE AND CULTURE COMMISSION - CREE LANGUAGE AGREEMENT

WHEREAS the members of the 2005 GCCEI/CRA Annual General Assembly are seriously committed to deal with and resolve this extremely important issue on Cree Language and



Waskaganish First Nation "1st Annual Softball/ Fast-pitch Tournament"

Wachiya & Meeqwetch to all Players, Coaches, Fans & Sponsors!



Lac Simon A's
Men's Softball Finalist



Chisasibi Hawks
Women's Softball Champions

The Waskaganish Sports & Recreation Department & Organizing Committee would like to express our sincerest gratitude for your participation and your financial contribution to the "1st Annual Softball/ Fast-pitch Tournament" and Grand Opening of our new lighted ball field.

We would like to thank all the contestants that entered in the contest of naming the new lighted ball field. Special thanks to the Georgekish family for summing the name "Chief Sidney's Field". Special thanks also to the designers & contractor for the job well done.

It is important to remember that this tournament was organized with one goal: good sportsmanship and excitement for all.



Chisasibi Jays
Men's Fast-Pitch Finalist



Eastmain Fireballs
Men's Fast-Pitch Champions

WOMEN'S SOFTBALL

TROPHIE	NAME	TEAM
BEST PITCHER	Quennie Napash	Chis. Hawks
BEST INFIELDER	Leona Shem	Chis. Nouchimii
BEST OUTFIELDER	April Moar	Chis. Nouchimii
M.V.P	Nora Bobbish	Chis. Hawks

MEN'S SOFTBALL

TROPHIE	NAME	TEAM
BEST PITCHER	Jason Mathais	Wask. Norvik Thunder
BEST INFIELDER	Marlon Cowboy	Wask. Norvik Thunder
BEST OUTFIELDER	Murray Blackned	Wask. Norvik Thunder
M.V.P	Jason Mathais	Wask. Norvik Thunder

MEN'S FASTBALL

TROPHIE	NAME	TEAM
BEST PITCHER	John Moses	East. Fireballs
BEST INFIELDER	Greg-Mark Stewart	East. Fireballs
BEST OUTFIELDER	Bradley Gilpin	East. Fireballs
M.V.P	John Moses	East. Fireballs

CONGRATULATIONS TO THE 1ST HOMERUN HITTERS:

Men's Softball - Charles Katapatuk
Men's Fast-pitch - Anthony Hester



Waskaganish Norvik Thunder Men's Softball Champions

Organizing Committee:

Hugo Cowboy	Tournament Coordinator (S & R Coordinator)
Willard Moses	Special Events Coordinator
Tyrone Moses	Interim Minor Sports Coordinator
Cheryl Weistche	Administrative Assistant
Mary Jane Salt	Opening Ceremonies Coordinator
Andrea Moar	Accommodation Coordinator (S.S.E.P)
Paula Moar	Summer Student Employment Program
Conrad Blueboy	S.S.E.P
Carrie-Lynn Visitor	S.S.E.P
George Hester	S.S.E.P
Edna Blueboy	S.S.E.P
Maureen Cowboy	S.S.E.P
Team Thunder	Ball field Maintenance

Thank you for making this event a huge success and we hope to see everyone next year.

Waskaganish Sports & Recreation Department, 29 Smokey Hill Street Tel: 819-895-2425

Culture as confirmed by the principles established at the joint Strategic Planning Session of the Cree Chiefs, the Grand Chief and Cree School Board on December 6, 1988, and by virtue of Resolution CC87 -127;

WHEREAS, the subject Commission will need to be organized in such a manner as to make efficient use of all possible resources from Quebec, Canada and the Crees.

THEREFORE BE IT RESOLVED:

THAT, the Chairman of the Cree School Board, the Grand Chief of the Grand Council of the Crees (Eeyou Istchee) and the President of the Cree Cultural Institute be and are hereby mandated to develop a proposal for a Cree Language and Cultural Commission with Quebec, Canada and the Crees;

THAT, the proposed Commission be developed to work through the authority of the existing Cree representatives such as Cree Chiefs, School Commissioners and Board members;

SUBJECT: BACKLOG AND CATCH-UP HOUSING AGREEMENT FOR WASWANIPI AND THE CREE NATION - Ministerial Guarantee to secure Financing for Waswanipi's Housing Proposal over and above the Normal Programs.

WHEREAS: Like all Cree First Nations of James Bay and Northern Quebec Eeyou Istchee, the People of Waswanipi has been, and is still, facing a tremendous shortage and backlog of adequate housing

units and the related facilities and services since 1975, In the neighbourhood of at least 200 units;

WHEREAS: The People of Waswanipi, through the Office of the Chief and Council had recognized the housing crisis in their home community and right across the Eeyou Istchee and as a result, had developed a Housing Proposal as a means to continue addressing and resolving the critical housing situation, in phases, over a specific time-frame.

THEREFORE BE IT RESOLVED:

THAT the Grand Chief and the Grand Council of the Crees [of Eeyou Istchee] be and are hereby given the proper mandate and authority to declare a State of Emergency

for the Cree Nation with respect to the severe and chronic housing shortage in all Cree First Nations;

THAT within this declaration, the Grand Chief and the Grand Council of the Crees [of Eeyou Istchee] be and are hereby mandated to use the "Waswanipi Housing Proposal" as a test case and pilot project in the negotiations with the Government of Canada as a means to obtain the Ministerial Guarantee;

THAT it is understood that the "Waswanipi Housing Proposal" represents the basic or minimum needs of the housing requirements that are considered essential and absolute as a catch-up program to be in line with the population growth for the past 30 years since 1975 and the projections for the next 30-70

years

SUBJECT: NEW RELATIONSHIP "FORESTRY" AGREEMENT FOR WASWANIPI AND THE WASWANIPI TERRITORY [EYYOU ISTCHEE]

- Political Intervention and Representation by the Grand Council of the Crees [of Eeyou Istchee].

WHEREAS: The Elders and the People of Waswanipi had been exposed to and had witnessed the impacts, since the 1940's, the devastation, destruction and damage to the Land, the Traplines and the Environment as a direct result of forestry activities and logging operations;

WHEREAS: The Elders, the Tallymen and the People wish to exercise their Cree rights in studying the possibility of filing a Comprehensive Land Claim and entering into a long-term Forestry Agreement ["Mlshtuk" Accord], for the direct benefit of our Present and Future Generations of Waswanipi and for the Cree Nation as a whole for all past damages;

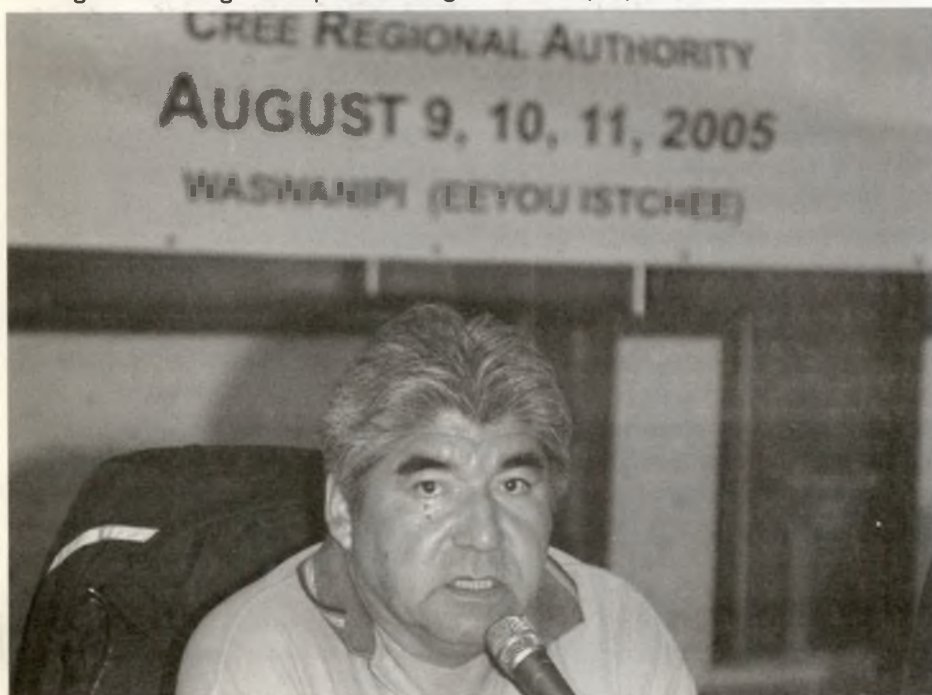
WHEREAS: The Elders and the People of Waswanipi still continue, even to this very day 65 years later, to witness the on-going process of seeing their Land, their Traplines and their Environment being damaged.

THEREFORE BE IT RESOLVED:

THAT the Members of the 31st Annual General Assembly of the Grand Council of the Crees [of Eeyou Istchee] call upon the Grand Chief and the Grand Council to support the People of Waswanipi in their plight and struggle to regain and restore the state of the Land that was passed on and left to them from their ancestors for traditional use;

THAT the Grand Chief and the Deputy Grand Chief be and are hereby mandated to Intervene on behalf of the People of Waswanipi and to represent their best interests in negotiating a long-term Forestry Agreement for Waswanipi, much In the same manner as other Agreements that were negotiated with or for the other Cree First Nations;

THAT the Grand Chief and the Deputy Grand Chief be and are furthermore mandated to initiate the consultation process and the working relationship with the Elders, the People and Chief & Council of the Cree. First Nation of Waswanipi at their upcoming Annual General Assembly on September 7,8 &



9.2005.

SUBJECT: POLITICAL, FINANCIAL and MORAL SUPPORT TO THE PEOPLE and CHIEF & COUNCIL OF THE CREE FIRST NATION OF WASWANAPI - The Nation Administration Building Project-2005-2006 and 2006-2007.

WHEREAS: The People and Chief & Council of Waswanipi see the real need to see through the completion of the construction and beautification of The Nation Administration Building Project during the current 2005-2006 Fiscal Year and into 2006-2007 pending on the negotiations and funding to be made available:

WHEREAS: The People and Chief & Council of Waswanipi also see a real need for political support, intervention and representation, on their behalf and in their best interests, through the Offices of the Grand Chief, Deputy Grand Chief and the Grand Council of the Crees [of Eeyou Astchee] to request, negotiate and secure the short-fall amount of \$ 15 million in order to allow the entire completion of the Administration Building Project for Waswanipi.

THAT the People and Chief & Council of the Cree First Nation of Waswanipi hereby call upon the Grand Chief, Deputy Grand Chief and the Grand Council of the Crees [of Eeyou Istchee] to enter into a "process" and arrangement to negotiate and secure the short fall amount of 15 million.

THAT in terms of proper consultation, communications and co-ordination, the People and Chief & Council of Waswanipi call upon the Deputy Grand Chief and Executive Director of the Grand Council of the Crees [of Eeyou Istchee] to establish and enter into a working relationship with the Deputy Chief, Executive Director and Director of Community Development of Waswanipi as a forum to work out the details, facts & figures and logistics pertaining to the plan, budget, schedule and package in preparation for the negotiations;

THAT It is understood that "time is of the essence" for this Major Capital Project to be secured as soon as possible.

SUBJECT: WASHAW SIBI-SUPPORT

WHEREAS, the Crees of Washaw Sibi were coerced by the Department of Indian Affairs into an Algonquin



Community without their consent and done for the administrative convenience of the Federal Government;

WHEREAS, the Crees of Washaw Sibi are unable to acquire and receive the social and community services required to protect, promote and enhance their Cree culture;

WHEREAS, the Crees of Washaw Sibi are now acting on the urgent need to protect their language, heritage and culture by making a one hundred and twenty five mile journey of pride where they will claim their rightful community on August 15, 2005.

THEREFORE BE IT RESOLVED:

THAT, the members of the 2005 GCC(EI)/CRA Annual General Assembly hereby express their support to the members of the Washaw Sibi community on their journey of pride to reclaim their community;

THAT, the members of the 2005 GCC(EI)/CRA Annual General Assembly hereby encourage all Eeyou/Eenou to walk with their follow Eeyouch/Eenouch in support of their struggle.

SUBJECT: Increase funding for Cree Trappers Association

WHEREAS, at each annual general assembly of GCCEI/CRA the Cree Trappers Association requested support

from the Assembly to meet their financial requirements for each fiscal year;

WHEREAS, the current funding of the association is insufficient and inadequate to fully implement its programs, operations and capital needs;

WHEREAS, the membership of C.T.A. consists of full time and non-full time Cree hunters and trappers;

WHEREAS, the membership of C.T.A. reaches the number of 4,700 members and thereby requires more funding for its programs.

THEREFORE BE IT RESOLVED:

THAT, the GCCEI/CRA is hereby mandated to explore ways and means to increase funding for the Association to meet their funding needs and requirements to fully implement section 28.5 of the James Bay and Northern Quebec Agreement in relation to its operations, capital and program funding

SUBJECT: Funding for Cree Trappers Association Cree Science and Technology Program proposal.

WHEREAS, the Association has completed their Cree Science and Technology proposal;

WHEREAS, the above-mentioned program is unique of its kind and would serve to preserve Cree culture, traditions, values and Cree Way of Life of



Cree Nation
Of Eastmain



***"The larger the island of
knowledge, the longer the
shoreline of wonder."***

-Ralph W. Sockman

We take this time to wish all of the students and teachers of Eastmain a successful new school year 2005 - 2006!

May your inspiration and courage be unsurpassed to reach all your goals.

Your commitment of today will be rewarded tomorrow. Strive to be the best you can be and you will be amazed by your potential.

We are very proud of all of you!

From all parents,
members of Council and Chief Edward Gilpin.

On behalf of the People, Elders and Chief Robert Kitchen and his Council, we extend our sincere congratulations to the Secondary 5 Graduates of 2005 and we salute them for their achievement and success at the Willie J. Happyjack Memorial School, namely:



French Sector: Angelina Sam and Rosie Neeposh
English Sector: Jessyka Simard and Jason Dixon

We are extremely proud of ALL our students at ALL levels, from Child Care to Pre-K to College /University for continuing to do their best at school and for continuing to demonstrate commitment, determination, sacrifices and hard work to finish their education.

It had been a real honour and privilege for me to have served as your School Commissioner for the past three (3) school years: 2002-2003, 2003-2004, 2004-2005 and I look forward very much to continuing the role and mandate as your School Commissioner for the next three (3) years with greater challenges, more opportunities and exciting times ahead of us!



Cree Nation of Waswanipi

Cree Education Authority

***Allan Happyjack, P. Eng.
School Commissioner***



Maamweedow more popular than ever

By Jeff Ross Photos by Jimmy Sam

Maamweedow, Chisasibi's 17th annual traditional gathering on Fort George Island, was so successful this year it was extended beyond its original four days to a full week of singing, dancing, feasting and games.

"This was the best Maamweedow so far," said Dolores Audet Washipabano, member of the Mamooweedow Committee. "There was lots of attendance this year. The gathering had to be extended from four nights to seven nights, Monday to Monday. The last square dance ended Monday morning."

That's some party. There have even been talks of adding a permanent structure to accommodate the growing number of revelers. But the community spirit is what really brings Maamweedow together.

The Sabtuan, two teepees connected, offered a smorgasbord of traditional meals. Attendees brought food to donate, and the committee had cooks in the tent whipping up meals, including a free breakfast for 300. "We wanted to capture the old ways of doing things, the spirit," Audet explained.

The Elders had their own tent to teach traditional activities and offer free food as well. "The Elders did a rap attraction,"

added Jimmy Sam. They imitated famous rap stars. It was lots of fun to watch. "I enjoyed the gathering thoroughly."

Sam was born on the island and said, "It's a very special place."

There were so many games and events it is hard to list them all. From pillow fights, balloon busting, neck to neck, head on a bat, run to mommy, musical body, tug of war, cribbage and checkers tournaments, and fiddling and dancing.

A highlight of the gathering was Mr. and Mrs. Maamweedow, Larry and Emily Washipabano. Andrew Rupert's Big Tent was also a success. A packed audience was entertained by the music of the late Bobby Visitor. The rendition was performed by the Fort George Rockers Band, as well as several singers and family members of the late Visitor.

Since time immemorial the Cree have lived on the land that is now Fort George. When the Hudson's Bay established itself in the 1800s, people would come together from their

hunting grounds and bring their furs in the summer months to trade. The gathering at the end of the summer hunting season was a time to get together in remembrance of sharing and to remember a traditional way of life when the land provided everything needed to thrive.

The Maamweedow Committee would like to thank all participants that make this gathering truly a community event. They include: the Elders Council, especially Paul Cash, who coordinated Elders' teaching activities every day, along with a Tee-Pee where traditional food was served for free to any hungry stomach; Andrew Rupert who coordinated Friday evening activity at the Big Tent, which the committee called 'Andrew's night'; Mary Chewanish and all helpers from Chisasibi who organized the crib and checkers tournaments; the Cree Health Board for organizing indoor games; Archie Moar, Fire Department, who initiated a Firefighters competition that was a very popular and interesting contest; Chee-Bee Construction who repeated the very popular bird house making; all volunteer Cooks who with their spirits and generosity cooked in the Sabtuan from morning to evening every day; Andrew and Flossie Rupert – Daniel and Betsy Snowboy – Moses and Nancy Snowboy and Mr. and Mrs. Mamoweedow, Larry and Emily Washipabano; the great photos provided by Jimmy Sam; and Dolores Audet-Washipabano for her energetic spirit and direction.

Last but certainly not least, the expectant loon that graces the event every year made its appearance. As the people rejoice in celebration let the loon remind us that Turtle Island exists in community and respect for what she offers us. Don't forget the spirit and magic of Fort George that brings community events together.



WARNING • ᐃᑦᑲᑦᑲᑦᑲᑦ



Transportation of timber between Eastmain-1 jobsite and Chibougamau.

From August 15th to the end of September, contractor AMTECH will be hauling more than 500 truckloads of timber to sawmills in Chibougamau and Chapais.

Great caution is recommended when meeting them on the Route du Nord and on the road linking Eastmain-1 to Nemiscau work-camp. Some of the trucks will be more than 14 feet wide.

The trucks hauling timber for commercial recovery will be on the road 24 hours a day.

Be careful!

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de la Baie James

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l'Eastmain-1



Post Secondary Students Services
Cree School Board

**"When the student
is ready, the
teacher appears."**

-Buddhist Proverb

*In your quest for higher
knowledge, may all of
you come across your
own teacher...*

*Wishing each of you a
successful 2005-2006
school year.*

*From all of us at the
Cree School Board
Post Secondary Students
Services*

hunting, fishing and trapping;

WHEREAS, the Cree Science and Technology program would have a multiple purpose, use and benefit to Cree communities and the Cree Nations in their endeavours to improve the quality of life both economically and socially for Eeyouch.

THEREFORE BE IT RESOLVED:

THAT, the Grand Council of the Crees (Eeyou Istchee) and Cree Regional Authority hereby provide technical assistance to the Cree Trappers Association in the search of funding for the said program;

THAT, the Grand Chief/Chairman and Deputy Grand Chief/Vice Chairman are hereby mandated to do all things necessary and useful to effect the foregoing.

SUBJECT: JOINT FORESTRY WORKING GROUP REPRESENTATION

WHEREAS, the New Relationship Agreement called for the establishment of a Cree-Quebec Forestry Board, and

WHEREAS, the above-noted Cree-Quebec Forestry Board was established with Cree representation coming from two communities, and

WHEREAS, there are at least five Cree communities significantly affected by forestry activities, and

WHEREAS, it is appropriate from the perspective of equity and fairness that each of the communities significantly affected by forestry activities be represented on the Cree-Quebec Forestry Board, and

WHEREAS, the Ouje-Bougoumou Cree Nation made a formal request to have representation on the Cree-Quebec Forestry Board, and

WHEREAS, the most recent appointment to the Cree-Quebec Forestry Board has ignored Ouje-Bougoumou's request for representation and has reinforced the inequitable composition of the Cree-Quebec Forestry Board,

THEREFORE BE IT RESOLVED:

THAT, the members of the 2005 GCCEI/CRA Annual General Assembly hereby call for a review of the composition of the Cree-Quebec Forestry Board with a view to ensuring appropriate and equitable representation from all the communities significantly affected by forestry activities, and

THAT, the above noted review be undertaken at the next meeting of the Grand Council of the Crees/Cree Regional Authority, and

SUBJECT: Matagami-LG-2 Road Relay/KM 372 Project

WHEREAS, SDBJ is presently operating a road relay facility at Km 381 of the Matagami – LG-2 Road;

WHEREAS, SDBJ has indicated its willingness to transfer the said facility to a Cree entity;

WHEREAS, a study carried out by Soribco, with the assistance of three other specialized firms, indicates that to operate the Km 381 facility as is or to renovate it or to build a new one would not be viable under existing conditions;

WHEREAS, a plan has been developed for all coastal Cree communities for the financing construction and operation of a new road relay, a copy of which is attached to the present resolution;

WHEREAS, the Council has reviewed such plan and agrees with its conclusions and strategy;

THEREFORE BE IT RESOLVED:

THAT, the members of the 2005 GCCEI/CRA Annual General Assembly hereby approve and lend their support to the attached plan and strategy for the financing, construction and operation of a new road relay along the Matagami – LG-2 Road;

THAT, the Chief of the Cree Nation of Eastmain is authorized and instructed to do such things necessary and as may be required in order to give effect to the foregoing.

SUBJECT: NRA – FUND ALLOCATIONS

WHEREAS, THE Ouje-Bougoumou Cree Nation has noted that it is not being treated on the same basis as the other Cree communities with respect to allocations pursuant to the New Relationship Agreement which includes both financial resources and wood allocations, and

WHEREAS, the Ouje-Bougoumou Cree Nation has included measures in agreements with the Province of Quebec and the



Government of Canada which ensure that Ouje-Bougoumou is eligible for programs and services on the same basis as other aboriginal communities and believes that the same approach should apply with respect to the Cree Nation programs and services, and

WHEREAS, the Ouje-Bougoumou Cree nation has concerns that the current approach for allocation various benefits pursuant to the New Relationship Agreement poses serious threats to the long-term unity of the Cree Nation and

WHEREAS, the Ouje-Bougoumou Cree Nation is committed to the unity of the Cree Nation,

THEREFORE BE IT RESOLVED:

THAT, the members of the 2005 GCCEI/CRA Annual General Assembly hereby call upon the Board of Directors of the GCCEI/CRA to develop processes and procedures for the allocation of benefits pursuant to the New Relationship Agreement which respect principles of equity and fairness, and

THAT, the members of the 2005 GCCEI/CRA Annual General Assembly hereby call upon the leaders of the Cree First Nations to put aside local self-interest in the development of processes and procedures for the allocation of benefits pursuant to the New Relationship Agreement in favor of processes which contribute to Cree Nation unity.

Welcome Wachiya



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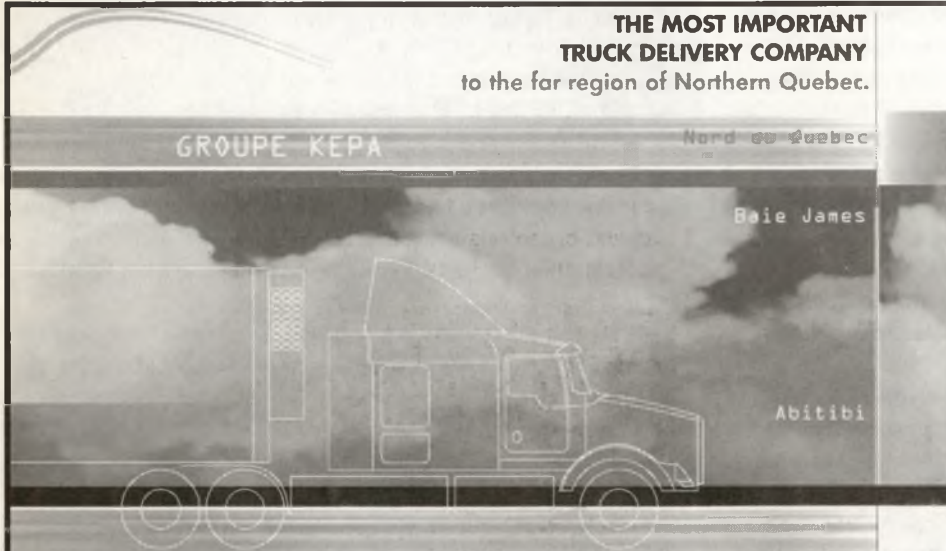
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SUBJECT: QUALITY OF EDUCATION

WHEREAS, the Cree School Board has the mandate and obligation to provide education and all related services to the Cree Nation;

WHEREAS, the Cree School Board was established pursuant to the JBNQA and began its operations in 1978;

WHEREAS, education is a fundamental Cree right;

WHEREAS, the GCCEI/CRA Annual General Assembly has an interest in the adequate delivery of education since it is a fundamental Cree right.

THEREFORE BE IT RESOLVED:

THAT, the Chairman of the Cree School Board provide a report card to the GCCEI/CRA on the state of Cree Education for all levels of education;

THAT, the Cree School Board also provide an action plan with time lines to deal with any deficiencies with respect to the delivery of quality education.

SUBJECT: Residential School – “Preliminary Report on Conference on Indian Residential Schools”.

WHEREAS, following the Cree Conference on Indian Residential Schools, sponsored by GCCEI/CRA/IRSRC, and hosted by the Cree Nation of Mistissini on June 15 – 16, 2005,

WHEREAS, at the 31st AGA of the GCCEI/CRA and at the 28th AGA of the CRA held in Waswanipi on August 9, 10, 11, 2005, a “Preliminary Report” on said conference was tabled and reviewed.

THEREFORE BE IT RESOLVED:

THAT, the members of this AGA do hereby, accept and approve the “Preliminary Report on the Cree Conference on Indian Residential Schools”, as tabled subject to community input and further consultations with the 10 Cree communities;

THAT, the GCCEI/CRA be and is hereby mandated to confirm to provide up-to-date confirmation to the Cree communities on this important issue of Indian Residential Schools, on all areas including but not limiting to the following:

To research the history of the residential school system by community;

To coordinate all activities related to the residential school system;

To establish a resource centre on residential schools;

To recommend educational programs for the youth to be carried out through the Cree School Board; to assist the communities in developing healing programs

Provide full time counseling and also legal services;

To train Cree people to become counselors and to act as an advisory body to the local/regional governments, as well as the health and educational authorities of the Cree Nation; and;

THAT, (reference to C/B resolution adopted and passed at the last Council/Board) be and is hereby accepted and adopted at this Annual General Assembly;

THAT, the Grand Chief be and is hereby mandated to do all things deemed necessary and useful to give effect to the foregoing;

THAT, a working group on Residential School issue be formed with a representative appointed by each Cree community for the purpose, direction, communication and input into the possible solution;

THAT, the Cree Board of Health and Social Services also

appoint a representative to this Working Group.

SUBJECT: RISING STARS AMATEUR BASKETBALL

WHEREAS, the mission of Rising Stars is to assume the leadership role of amateur basketball throughout First Nations Reserves or communities;

WHEREAS, the mandate of Rising Stars is to provide leadership, coordination and direction in all areas of the sport by educating, training and developing athletes, coaches and officials while coordinating regional activities;

WHEREAS, the activities of Rising Stars would greatly benefit the youth of Eeyou Istchee.

THEREFORE BE IT RESOLVED:

THAT, the Cree Nation of Eeyou Istchee supports the mission and mandate of Rising Stars for the promotion and development of amateur basketball throughout the Cree communities of Eeyou Istchee.

SUBJECT: The DAVID NEEPOSH, SR. Awareness Walkathon for Cree Elders and Eeyou Governance — Eeyou Istchee to National Assembly in Quebec City.

WHEREAS: The Cree Elders and the Cree Leadership of Eeyou

Istchee recognize and acknowledge the tremendous contribution and influence that late DAVID NEEPOSH, SR. had made in our Cree lives and Cree societies;

WHEREAS: The Cree Elders and the Cree Leadership of James Bay and Northern Quebec recognize the need to continue to show respect, honour and remembrance for the long life of DAVID NEEPOSH, SR.,

THEREFORE BE IT RESOLVED:

THAT the life and times of late DAVID NEEPOSH, SR, and his eternal drum will always be remembered and cherished deep in our hearts;

THAT the wisdom, understanding and teachings of late DAVID NEEPOSH, SR. will always remain within all of us as long as the drum continues to be heard;

THAT as a tribute to late DAVID NEEPOSH, SR., the Cree Elders and the Cree Leadership be and are hereby mandated to plan and organize an Awareness Walkathon, in his honour, from Eeyou Istchee to the National Assembly in Quebec City;



Back to School

Tips for first-year post-secondary students Or, how to make sure there's a second year!

By Jeff Ross **photos by Danielle valade**

Almost all universities and colleges have a place for First Nations students, such as McGill's First Nations House or Concordia's Centre for Native Education. They can ease the stress of moving far from home and dealing with academia. These places offer orientation seminars and a place to meet other Native students and get involved.

Concordia's Centre for Native Education offers an agenda that gives advice for students in Montreal, from landlord and tenant rights, to transportation, and just settling in. "We provide a friendly environment," said Concordia's Manon Tremblay. "This is the student's home away from home."

There are computers and a library. The library was even supplied this year with \$5,000 worth of books, mostly on Native topics.

First Nations House at McGill offers similar services. Many universities have specific departments for First Nations students to get adjusted and get help with resources. They can offer advice and place to meet other First Nations people.

Check out the campus websites to find information on awards and bursaries. The National Aboriginal Achievement Foundation (NAAF) offers a search for post-secondary awards programs and bursaries. Government websites can be useful, too. Indian and Northern Affairs Canada has a comprehensive database listing around 500 different scholarships, bursaries, and awards for First Nations students. The amount of bursaries and programs are too numerous to list here. But you have to apply, even if you don't think you can get one.

Stock up on Kraft dinner and tuna because you will need it, and remember beer is a luxury. Learning to budget those stingy government dollars is all the difference between a pauper and being a squeegee kid.

For first-year students, **TIME MANAGEMENT**. If you don't budget what little time you have to complete those onerous assignments there is no get-out-of-jail-free card. Aneurisms are not uncommon among first-year students deliberately procrastinating.

Coffee! Yes, if you plan to procrastinate you will need the life-imbuing manna of coffee.

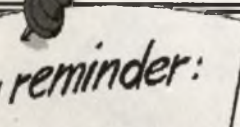
Commitment to education is a cold, heartless mistress. Elucidate in a 1,200 word discourse.

On taking notes in long, long, very long, lectures. A voice recorder is handy. Getting ahead of the reading is handier so you know what the professor is getting at. Stay on top of the homework situation or even ahead. And asking questions isn't unheard of.

Exercise. Staying healthy maintains your energy levels, and most post-secondary institutions offer a place to work out. It's fun and a great way to burn off stress.

The library is your home away from home. Learn to use its resources and you can discover anything.

Raquel, the designer for the Nation and a recent graduate of post secondary told me, "Most importantly, be positive, be motivated, and keep your cool." Good luck!



a reminder:

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Section

THE ABC'S AND 123'S OF STAYING HEALTHY AT SCHOOL

Articles courtesy of the Quebec Community Newspapers Association



Family physician Dr. Jennifer Pettigrew advises parents to keep the following tips in mind to help children stay healthy throughout the school year.

Sending the kids back to school — the moment a parent waits for all summer. But doesn't it seem that once the school year begins, kids actually spend more time at home...sick? The fact remains, back to school also means back to runny noses, coughs, fevers and even worse. "Any time you have large groups of people congregating in small rooms, germs are shared," says Dr. Jennifer Pettigrew, a family physician. Since children are especially tactile, germs are spread more easily among this group than any other.

For those parents who seem to spend the majority of the year doling out cold medication and taking temperatures, following these simple steps will help keep their kids healthy and ready to learn this school year.

KNOW YOUR ABCs

Attack germs! Encourage hand washing — a lot of it.

According to Health Canada, washing your hands often with plenty of soap and warm water

is the single most important factor in stopping the spread of illness. That's because most viruses are transmitted through germs that linger on hands after coughing or sneezing, on school desks, door-knobs or counters.

"A child sneezes and covers her nose and mouth, then touches a book or toy and now the germs have spread," explains Dr. Pettigrew.

The solution? Help your child get into the habit of washing their hands after a cough or sneeze, before eating lunch and of course after going to the bathroom.

"Parents and care-givers are taking a proactive role in helping their children stay healthy," says Dr. Pettigrew. "Sending them to school with an instant hand sanitizer, such as Purell, is an excellent solution to keep hands germ — free, especially when soap and water aren't readily available."

Be aware of symptoms

While sometimes it's just easier for parents to send sick children to school, this action has consequences — it's what keeps the vicious cycle of passing germs alive and kicking. Many teachers complain that colds are prevalent in their schools because students come to school when they are

Reading

Here are some tips to help keep kids reading:

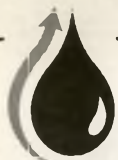
1. Show them reading is fun. Spend time each day reading together as a family and have fun reading out loud with your children. Create a scrapbook of your summer activities and write the captions together.

2. Keep them interested. Let the children pick out materials they are interested in reading. Comics, magazines, even baseball or hockey cards will help children with their reading skills.

3. Make reading an everyday activity. Encourage children to read anything they can get their hands on — street signs, menus, recipes and books are all great tools to strengthen children's reading skills.

4. Set an example. Let your kids see you read so they know that reading is important. Encourage them to talk about and describe their daily activities. And most of all — turn off the TV!

Remember — Reading opens doors for everyone. Fostering strong reading skills is one of the best gifts you can give your child.



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sick.

"If your child shows any signs of a communicable illness — for instance, an obvious fever or red eyes — the school will almost always send him home," says Dr. Pettigrew. "So you may as well be on early alert for signs."

Looking for these symptoms will help make a parent's decision easier: fever, disruptive cough, diarrhea or vomiting and contagious infections (e.g. pinkeye).

Cover the basics

There are two basic rules that parents should follow to help their kids stay healthy. Make sure children eat a good breakfast before school and encourage them to get enough sleep. Inadequate nutrition or sleep can lead to a compromised immune system and a



LEARN YOUR 123s

One physical a year.

Most kids need one thorough checkup a year to make sure all is healthy and well. According to Dr. Pettigrew, a quality physical should include examination of the head and neck, chest, abdomen and limbs. Weight and height should be checked, plus blood pressure when appropriate. As well, doctors should make sure all vaccinations are up-to-date, and discuss health promoting behaviours like physical activity and healthy eating.

Two backpack straps

Encourage your kids to wear both straps when carrying their backpack. While it may be fashionable to carry the back-pack on one shoulder, it makes their load harder to bear and focused in one area — increasing their risk of injury. Also, don't let your child carry an overloaded backpack. Strain and stress on the body's ligaments can result from lugging a book bag that's crammed with books, notes and personal items. Parents should make sure their child's bag is lightweight. And while the exact weight limitation varies by child, a good rule of thumb is to limit the weight of your child's backpack to no more than 15 per cent of his or her body weight.

Three feet away

It may sound like common sense, but it's important for kids to remember to avoid bodily fluids from other students.

This means if a student has a bloody nose, cut or scrape, or vomits anywhere in the class-room, encourage your child to tell a teacher and not try to help. On the same note, children should be taught not to share hats, combs or other personal items, as one of the biggest problems in classrooms is lice outbreaks. Sharing a hat or hair elastic can easily spread the bugs.

With a little forethought and preparation, your kids have a better chance of having a sickness-free school year. Now if only you could get them to do their homework!

Stay healthy all year long by:

- Make sure your children have their annual physical before the school year begins.
- Encourage hand washing before eating and numerous times throughout the day. Send them out with an instant hand sanitizer (such as Purell) in case soap and water aren't available.
- Discourage your child from sharing cups, combs or toothbrushes with others. Viruses, bugs, lice and other germs are spread easily this way.
- Remind your kids to keep their hands away from their face and out of their mouth and eyes.
- Help your children develop good eating habits, which include a variety of healthy foods.
- Put your children to bed at a relatively consistent time each night. Plenty of sleep (8-10 hours) is necessary for growing children.

"Education is what remains after one has forgotten what one has learned in school."

~ Albert Einstein



The Whapmagoostui First Nation would like to wish all new and returning students a successful academic year for 2005-2006.



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UNDER THE NORTHERN SKY

A Walk through Time

by Xavier Kataquapit

I took a walk through my old elementary school in Attawapiskat recently. The J.R. Nakogee Elementary School is a hard place to miss in a small community. The large, grey-coloured, one-story building sits right in the heart of town. It is a sprawling structure extending from east to west in a series of classrooms, offices and storage rooms with a smaller hallway branching to the south. In the middle is a large box-shaped bulge that is the gymnasium.

I took a walk through the now-abandoned building with my cousin Ron Kataquapit. It was a sad place to visit. The lights were out and the interior looked post-apocalyptic. The building was being used mostly as a storage facility for the elementary school portables and the high school. Old furniture, filing cabinets, student desks, discarded children's art, test papers, lesson plans and desks lined the hallways, along with construction equipment, lumber and building material. It was almost spooky to peer into the darkened classrooms where glints of light streamed through gaps in shutters to faintly illuminate the few remaining desks. The halls were silent and pitch dark.

I walked into the kindergarten section, at the end of a short hallway. We turned on some lights and strode through the remains of a classroom. The rug which had covered the floor for many years had been removed to reveal a white tiled floor with a red circle at the center. The red circle reminded me of my first day of school. I recall walking into a classroom full of other local children and I couldn't take my eyes off the red circle. Mom was there with me to walk me into the room and hand me off to my new teacher. I felt at home as most of the students were my cousins, second cousins and distant relations. I remember through my child eyes that the school seemed enormous. However, as I stood in the disintegrating ghost of a school it seemed much smaller to me now.

The school was a very important and familiar place for everyone in the community. My older siblings remember having no school in the community and attending their studies inside makeshift structures. It was a big deal when construction started on the new building in the mid-1970s.

Running water came to Attawapiskat in the early 1990s

and before that there were only a few places in town where this luxury was enjoyed. The school was one. It felt good to know that we could count on running water and flush toilets when we were at school. I remember thinking it was great to be able to use one of the two water fountains to have a drink in the school hallways. There were even showers beside the gymnasium which we could use at least once a week. The fact that we could enjoy modern facilities when we had none at home was a great incentive for us to stay in school.

As I continued my sad tour of my former school with my cousin we walked into the gymnasium. My deceased brother's name is etched in large black letters over the stage at one end of the gym. It was very strange for me to look up and see "The Philip Marius Kataquapit Gym." The gym was named in memory of my brother who tragically passed away at the age of 16 in 1990. The gymnasium was used as a meeting place, election centre, banquet hall, dance hall, conference centre, reception hall, town hall and at times even a place to hold funerals. It brought a smile to my face as I recalled the infamous monster bingos that were held in the gym. It was the only place in town at the time that could accommodate 500 enthusiastic bingo players.

It upset me to see the hardwood floor-tiles upturned in places from lack of upkeep and maintenance. Dilapidated gym equipment along with lumber and other construction equipment were strewn here and there. The stage was dusty and in disarray. My mind slipped back to the day of graduation. For an instant I could see my brother Philip standing proud and tall with his Grade 8 classmates in their gowns and caps. He was wearing his big friendly smile and I thought at the time how wonderful his future was going to be.

I felt angry that somehow fuel had contaminated my old school and that it had been making the children ill. I also felt a little bitter that it had taken so long for the government of Canada to finally commit to rebuilding the school. Mostly, I felt a little lost standing at the front of the stage and wishing I could just sit for a minute and chat with Philip. Some things just can't be reconstructed.

CLASSIFIEDS

BIRTHS – 100

We Would Like to Say Congratulations To My Only Brother/ Uncle Tony Salt And His Girlfriend Catherina Hester, on The Birth Of Their Baby Boy Trenton Justin John Micheal Born On August 13-2005 At 3:34pm 8lbs,6oz. From Your Sister Sharon And Your Nephews Anthony And David Napash.

We Would Like To Say Congratulations To our Only Brother Tony Salt And His Girlfriend Catherina Hester On The Birth Of Their Baby Boy Trenton Justin John Micheal Born On August 13-2005 At 3:34pm 8lbs 6oz Take Care Of Your Baby Boy From Your Sisters Joanne And Alice Salt (Chisasibi).

BIRTHDAYS – 101

I want to wish Happy Birthday to Abigail and Hillery Saganash on August 19 & 21, I think, and to Angela on August 25; to my dear sweet sister Christine Mianscum on August 27; and to my sister-in-law Majorie Wapachee on August 17. Wish you the best and have a nice day. May the rest of the years be so good and great and to keep the good memories that's coming. From: Irene and the family. (Waswanipi).

I would like to wish my friend Gloria Happyjack happy birthday on August 10 and on August 11 Happy birthday to Anthony Cooper. And August 19 and 21 Happy birthday to My uncle and his wife, Henry And Margo Cooper...I would also like to say happy anniversary Henry and Margo...On August 20...God Bless you all...From Trista.

I Would Like To Wish A Happy Birthday To My Godfather Billy Lameboy On August 15-2004 I Love You With All My Heart Love Always Anthony Napash (Chisasibi) Ps. My Mom Says Happy Birthday Too.

Happy Birthday Elizabeth Herodier on August 10, love u always, and thanks for loving and caring about us, and at the same time to my dad Roderick, who's birthday is on August 22, love u dad, xoxoxo Christopher, Sarah and Boys.

Happy Birthday to my wife Sarah on August 20, and at the same time, Happy Anniversary on August 23, love u always, Christopher

Happy Birthday to Akian Herodier on September 12, have a nice day, and many more to come, from Bros, Timmy, Dale, Junior, and parents, Christopher and Sarah. love u, xoxoxoxo.

Happy Birthday to Christopher Herodier Junior, on September 23, have a good day, and we wish you the best and love u always. Take care in Ottawa, and do your best in your endeavours. xoxoxox. Mom, Dad and your Bros.

I would like to say Happy Birthday to my wife Yannick Wapachee on July 9th, 2005. I'm very sorry for the delay; I did not forget your big day, I was busy. Very sorry again, I love you very much. With love your husband and your kids, Elton, Frederick, and Geraldine. XOXOXO.

We would like to say happy birthday to Elton John Salt on August 16th, 2005. We love you so much. You have grown so fast over the years. Good luck

in school, keep it up. With love Yannick, Freddie, Frederick, and Geraldine in Nemaska. XOXOXO.

I would like to wish a happy birthday to my niece stephanie molyneaux who will be 14 years old on sept.9/05. Plus also I would like to wish my twin sisters Samantha and Tamara Batisse a happy 19th birthday on sept.5/05. Love your sister and Auntie Christina from Ouje-Bougoumou.

ANNIVERSARIES – 103

I would like to say happy 10th anniversary to our loving parents Clifford and Marcella Diamond on September the 8th. From 1995-2005, CONGRATULATIONS!! Even if we say we don't love you or we don't want to talk to you but we can't help it we still love you. From all of your children: Cassandra, Rachel, Venessa, Dominick, And baby boy Dakota xoxoxo (Wask).

Hello! I just want to say Happy Anniversary to a lot of my family members. First, it will be my dear sister's 6th anniversary for Christine & Kevin Papatie on August 2?; my cousins', Angela & Dale Petawabano, in August 2?; my aunt's 26th anniversary, Janie & Roger Wabanonik; and my parents', Annie & Jerome Wabanonik, who were married at the same time and year, that would be August 25. We love you so much and wish you the best for more years that comes. God bless you, all of you. From: Irene and the family. (Waswanipi).

Happy Anniversary to my parents Roderick and Elizabeth Herodier on August 23, thank the lord for u being around again to celebrate another year, wishing you the best on this "Special Day," as always, we love u, from all of us: Sarah, me, and the boys. Xoxoxoxo, CH.

I would like to say happy 3rd anniversary to my husband Romeo Ottereyes on Sept 6, I remember the happiest day of my life was when we said I do, you made me very happy of all the years we've been together it's been rough but we got through it. I would like to tell you that I love you and thank you for always being there for us. You're a wonderful husband and a father. From: your wife Stephanie Ottereyes.

Happy 2nd anniversary to Angela & Dale Petawabano, on August 23rd 2005. Congratulations! May God bless and keep you both safe in his care. Hurry up with little Dale'sh or Rara'sh, LOL. Love both you guys. With love

and prayers, Samuel Rain & Starr Ethan Neeposh, Melanie & Sinclair Neeposh, Serena & Selena gull XoXoXo, Waswanipi.

PERSONAL – 300

Good day. I am looking for contact information on George Snowboy. I understand he has an out-post/camps for rent on the Seal River. If it is against your policy to release this information, could you please give him my information to contact me, Jason Glassford. Sault Ste. Marie, ONT. jason_glassford@hotmail.com.

ANNOUNCEMENTS – 400

Do you need help? Someone to talk to? Call the Kid's Help Phone's toll-free number, at: 1-800-668-6868 or check out their website at: www.kidshelp.sympatico.ca.

Stanstead College is organizing a unique Homecoming this September 23-25, 2005 celebrating the alumni of the sixties and the seventies. There will be a prize for the sixties or seventies class with the largest representation. If you or anyone you know attended Stanstead College during this era, please contact the Advancement office at (819) 876-7891 ext. 225 or e-mail karen.cushing@stansteadcollege.com. You can also register online; just go to the "Alumni" portion of the Web site at www.stansteadcollege.com.

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Till arguments, do them dismay.
And beat the ground with small closed fists
Upset the pollen bees do list.
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With more well crafted hunny treats.

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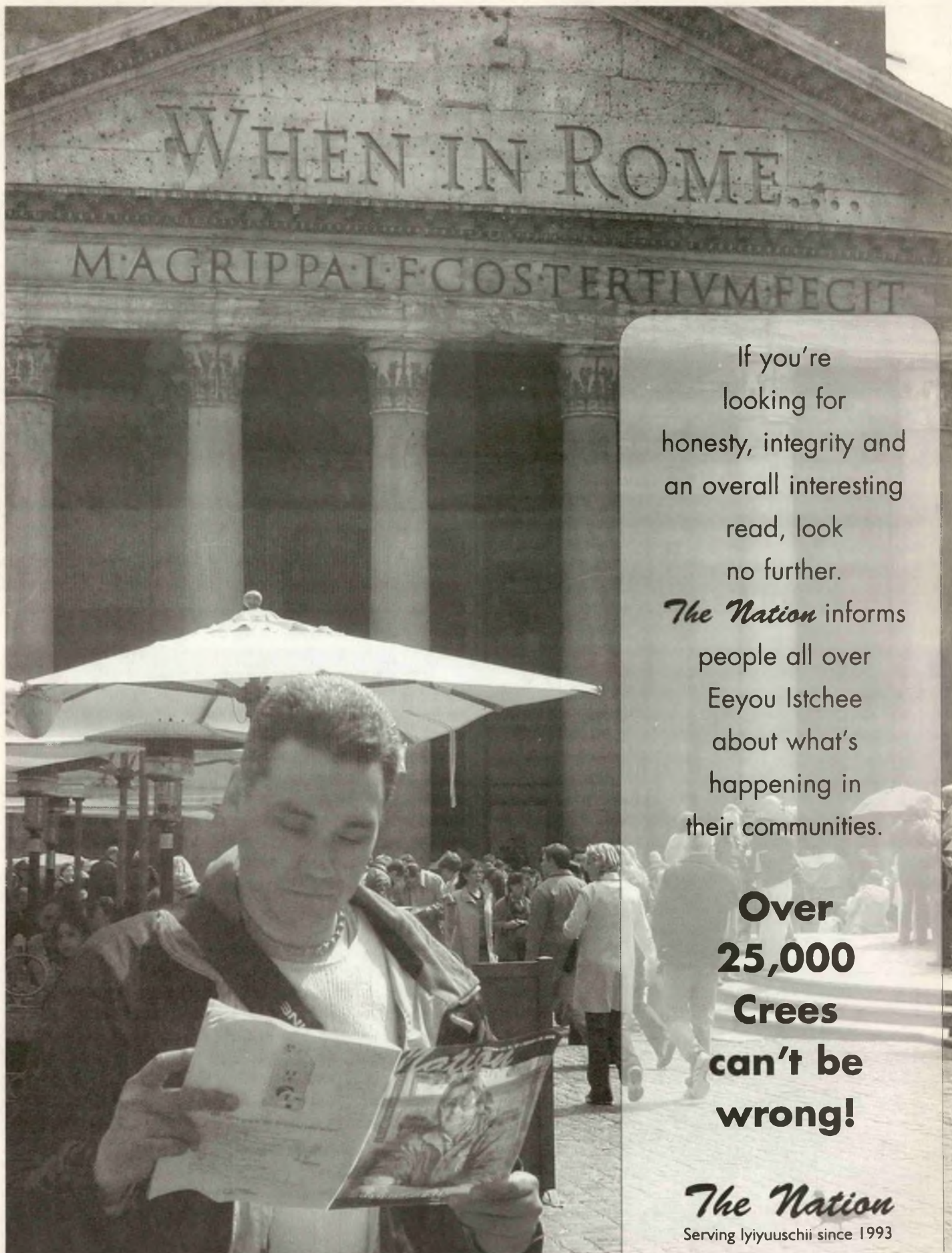
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